

November

Oil Blend: RC
Company: Young Living



R.C.™ contains powerful therapeutic-grade essential oils that are invigorating when applied, especially to the chest and throat area. R.C. is a wonderful blend to diffuse during winter.

Single Oils:

Eucalyptus (four types including: *E. globules*, *E. radiata*, *E. australiana*, and *E. citriodora*) – may have a profound anti-viral effect upon the respiratory system. They also have strong anti-bacterial, anti-catarrhal, and antiseptic properties.

Myrtle – is a decongestant of the respiratory system. It may help improve oxygenation and work as an expectorant in discharging mucus. It is antiseptic and anti-bacterial, and is elevating.

Marjoram – is relaxing, calming, and appeasing to the muscles that constrict and sometimes contribute to headaches. As an anti-spasmodic, it may help relieve spasms in the respiratory system.

Pine – may help dilate and open the respiratory system, particularly the bronchial tract. It may also help improve circulation throughout the lungs.

Cypress – is anti-infectious, mucolytic, antiseptic, lymphatic decongestant, refreshing, and relaxing. It may help improve lung circulation as well as help relieve other respiratory problems.

Lavender – is an oil that has traditionally been known to balance the body and to work wherever needed. It may help promote a general sense of well being.

Aromatic Benefits: Decongestant

Body Systems: Respiratory

Physical Uses: acne, **allergies**, asthma, boils, bone spurs, bronchitis, circulation, colds, cold sores, congestion, cough, deodorant, flu, fungus, infectious diseases, lung congestion, oxygenation, pimples, pneumonia, **respiratory ailments**, snoring, sore throat

Properties: anti-bacterial, anti-catarrhal, anti-septic, anti-viral

Application: Diffuse or mix with a carrier oil and massage topically on chest, back, feet, sinuses, nasal passages, neck, throat as needed.

Safety Data: None

For educational purposes only. This information is not intended to diagnose, treat or cure any disease.